

# CHARACTERISTICS OF COACHES COMPLETING ONLINE SAFETY

## TRAINING TO MEET STATE COMPLIANCE

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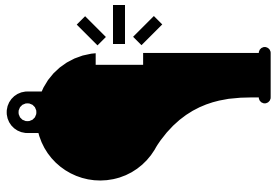
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### Introduction

Approximately 90% of youth sports coaches are parents.

Youth sports coaches often lack formal education and training. Therefore, many states and regions have passed legislation aimed at improving coach training and thus the coach's ability to recognize, respond to, and prevent youth sports injuries.

The purpose of this study was to explore the characteristics of youth sports coaches who have completed an online training course that is in compliance with state law.

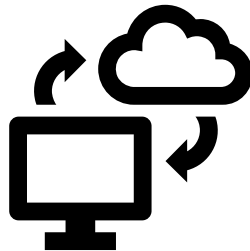


### Methodology

Descriptive data were collected and analyzed from an online learning management

The program consisted of 11 modules, covering 9 subject areas including

- Coaching young athletes
- Mental health
- Concussions
- Overuse injuries
- Communicable and infectious diseases
- Sudden cardiac arrest
- Conditions unique to the young athlete
- Emergency preparedness



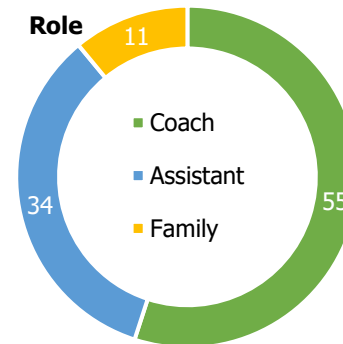
### Results

7,786 coaches completed the course

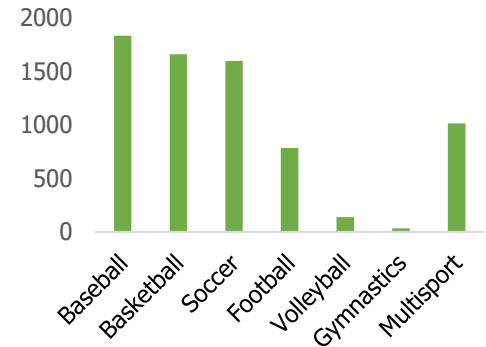
75% of coaches self-reported as male (male n = 5,853; female n = 1,897; not applicable/blank n = 35).

Aged 15 to 80 years old, no specific age representing > 5% of the total

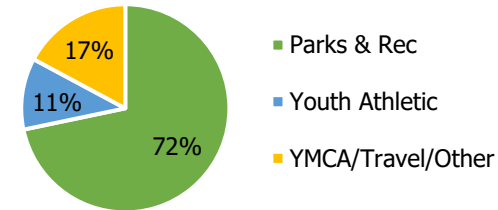
However, 50% of coaches were 33 to 43 years of age.



### Sport Representation



### Organization



### Practical Application

Comprehensive, scalable educational solutions are needed to reach youth coaches in a variety of settings. Furthermore, e-learning provides a unique platform through which coaches and parents can have access to quality training and resources.

### Acknowledgments

The Coach Safely Foundation

### Conclusion

The evolution of youth sports warrants additional training for coaches to best serve athletes' safety. Volunteer coaches at the youth sports level come from a wide range of backgrounds and serve in many sports and roles.